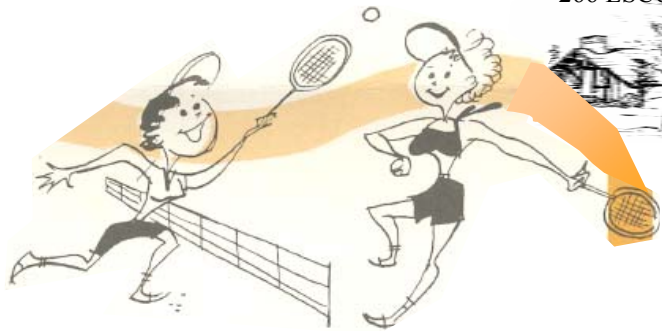


MOUNTAIN VIEW SENIOR CENTER

266 ESCUELA AVE, MOUNTAIN VIEW CA 94040 • 650-903-6330



Holidays:

July 4 and September 5

The Senior Center will be closed, and no classes will be held on these dates.

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SUMMER 2011 CLASS GUIDE

READY TO SIGN UP?

- To find out how to join a class, match the "signup" with one of the four options below. See page 9 for more details.

MV-LA

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1. In-person: 333 Moffett Blvd.
2. Call: (650) 940-1333
3. Online: www.mvlaae.net

VOLUNTEER

These classes are free, and there is no need to formally register.

Please just attend class and speak with instructor.

IN CLASS





Attend class and register with instructor.

FOOTHILL

To register for a Foothill class, visit the class and the instructor will have the registration paperwork.

Additional info: call Foothill at (408) 864-5300

ARTS AND CRAFTS CLASSES

CLASS NAME	SIGNUP	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
CALLIGRAPHY: CASUAL POINTED PEN - This class is for students looking for a fresh approach to working with a pointed pen. We will work with letters that incorporate floral elements along with an alphabet that uses geometric shapes. Bring Higgins Eternal Ink and your pointed pen nibs and holder, along with smooth white paper, to the first class. This class is a great match for scrapbook or card embellishment.	MV-LA 	F	7/8-7/29	9:00AM-12:00PM	\$49/\$59 +\$5 Materials Fee	ARTS + CRAFTS ROOM	S. FRANK
CERAMICS: BASIC / INTERMEDIATE TECHNIQUES - Have fun learning various techniques of clay work such as pinch pot, slip and score, slab, coil, as well as throwing on the wheel and glazing. Students of various abilities will work on their own projects with teacher assistance. At the end of the quarter, they will have completed pieces to take home. Materials furnished for small fee.	MV-LA 	W	7/6-8/10	1:00PM-4:00PM	\$49/\$59 + Materials Fee	ARTS + CRAFTS ROOM	C. MACPHERSON
CERAMICS: SMALL SCULPTURE - Learn techniques, by hand and on the wheel, to build clay sculptures. Finishes for sculptures will be explored. Students will have completed pieces at the end of the session. Beginning students welcome. Materials fee of \$20 for clay and glaze payable to teacher at first class.	MV-LA 	W	7/6-8/10	9:00AM-12:00PM	\$49/\$59 + \$20 Materials Fee	ARTS + CRAFTS ROOM	C. MACPHERSON
CREATIVE STITCHERY - You are welcome to bring your own stitchery project, or you might want to learn one of the interesting needlework or crafts being taught. New students are welcome! No class 7/4, 9/5.	VOLUNTEER 	M	ONGOING	9:00AM-12:00PM	FREE	ARTS + CRAFTS ROOM	M. VARGAS



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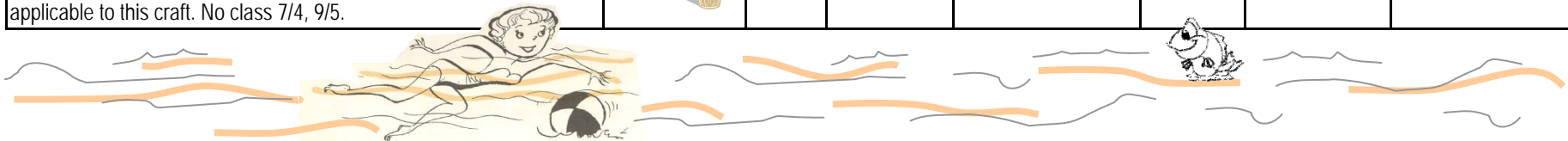
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ARTS AND CRAFTS CLASSES

CLASS NAME	SIGNUP	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
DRAWING AND WATERCOLOR - Basic concepts of drawing and painting in watercolor. Students will explore color mixing and application, composition, and detail. Many detailed demonstrations. Seascapes, landscapes, and floral will be emphasized. Materials list available at first class.	MV-LA 	T	7/5-8/9	9:00AM-12:00PM	\$49/\$59	ARTS + CRAFTS ROOM	B. DIXON
FIGURE AND PORTRAIT DRAWING - This is your opportunity to receive quality instruction while drawing portraits and figures of live, clothed, professional models! Instruction will be individualized; class is open to all levels and abilities. A variety of media will be explored: pencil, charcoal, conte crayon and inks. \$45 model fee payable to instructor at first class meeting.	MV-LA 	TH	7/7-8/11	1:00PM-4:00PM	\$49/\$59 + Model Fee	ARTS + CRAFTS ROOM	K. YOUNG
KNITTING AND CROCHETING CLUB - Join this group of knitting and crocheting enthusiasts; create fun projects, and make new friends. Bring your own yarn or use some of ours to make caps, booties or afghans for needy children and seniors. Or, work on projects of your own. All skill levels are welcome.	VOLUNTEER 	W	ONGOING	1:00PM-3:30PM	FREE	MULTI B	J. BAUMGARDNER
PAINTING CLUB - Open to any senior who paints in oil and acrylic and is looking for a time and place to work with others. A studio atmosphere of mutual support and friendship will be maintained. This is a drop-in club with no formal instruction. All are welcome!!	VOLUNTEER 	W	ONGOING	9:00AM-12:00PM	FREE	MULTI B	K. KOSHGARIAN
WOODCARVING: DROP-IN - A friendly informal class for beginning and more experienced carvers. The goal of this class is to become more knowledgeable about the types of woods, finishes and skills applicable to this craft. No class 7/4, 9/5.	VOLUNTEER 	M	ONGOING	1:00PM-4:00PM	FREE	ARTS + CRAFTS ROOM	TBA



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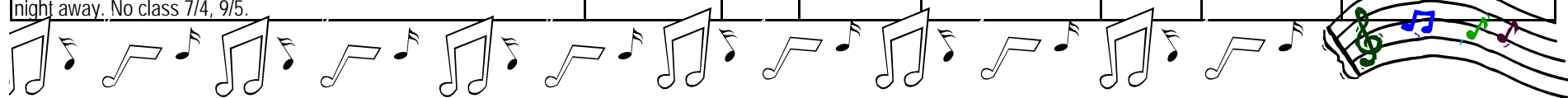
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DANCE CLASSES



CLASS NAME	SIGNUP	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
BEGINNING SOCIAL DANCE - Ballroom social dance for all levels. This class will teach all kinds of basic popular social dances in a variety of ballroom dance styles like waltz, foxtrot, swing, two step, cha cha, rumba, samba, jive, salsa, hustle, etc. This class will not only improve your dance skill and fitness level, but your overall health and happiness as well.	VOLUNTEER	TH	ONGOING	2:45PM-4:30PM	FREE	MULTI A	G. CHEN E. JIANG
BELLY DANCING - Learn the art of belly dance, and transform your body and mind while exploring your inner self. Join Nancy, who has over 25 years of experience teaching and performing belly dance. This fun and free class is designed for all levels.	VOLUNTEER	T	ONGOING	7:15PM-8:30PM	FREE	DANCE AND MOVEMENT ROOM	N. MIZE
CHINESE FOLK DANCING GROUP (Monday & Wednesday) - The format of this class includes stretch and barre fundamentals followed by Chinese Folk Dance. Anyone can join regardless of prior dance experience. Besides getting in shape, you can also learn about Chinese culture and make new friends. No class 7/4, 9/5.	VOLUNTEER	M/W	ONGOING	7:00PM-9:00PM	FREE	DANCE AND MOVEMENT ROOM	P. CHEN
CHINESE FOLK DANCING GROUP (Friday) - You are warmly welcomed to our group for friendship, joy, happiness and health of the mind and body. Practice Chinese folk dances once a week and do several performances annually.	VOLUNTEER	F	ONGOING	2:00PM-4:30PM	FREE	DANCE AND MOVEMENT ROOM	W. TANG
LINE DANCING - Enjoy an hour of line dancing with other line dancers. No partner needed.	VOLUNTEER	F	ONGOING	1:00PM-2:00PM	FREE	MULTI A	M. YOUNG A. YOUNG
SOCIAL DANCE CLUB - This club plays US, Chinese, and South American music from the 50s, 60s, and 70s. The types of dance music include the Cha Cha, Fox Trot, Rumba, Swing, Tango, and Waltz. Come Join our Monday night "Dancing with the Oldies", and dance the night away. No class 7/4, 9/5.	VOLUNTEER	M	ONGOING	7:00PM-9:00PM	FREE	MULTI A	D. WU



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DANCE CLASSES



CLASS NAME	SIGNUP	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
SQUARE DANCING - Join this lively class for square dance instruction and dancing. All levels welcomed. No partner needed.	VOLUNTEER 	F	ONGOING	2:15PM-3:15PM	FREE	MULTI A	A. KNOPPE
WORKOUT ON BROADWAY - Tired of the same old exercise routine? Join our "chorus line" as we tap our way into fitness with rhythmic choreographed exercises to Broadway tunes and popular music. Improve your mind, body, and memory while building strength, agility, breath control, stamina, grace and coordination. Workout attire and leather-soled shoes recommended (no taps).	MV-LA 	T/TH	7/5-8/11	1:00PM-2:30PM	\$49/\$59	DANCE AND MOVEMENT ROOM	M. RIDGWAY


ENRICHMENT CLASSES



CLASS NAME	SIGNUP	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
ENGLISH ADVANCED CONVERSATION - Come join this group to practice your English conversation skills in a relaxed setting.	VOLUNTEER 	F	5/13-7/15	1:00PM-3:00PM	FREE	MEETING ROOM	N. ROSS E. MURRAY
MEMOIRS WRITING - Writing one's memoirs is an exciting and effective way to sort out and record the experiences that will be your legacy to future generations. This class will give you the opportunity to review writing techniques and receive constructive criticism from students and teacher.	MV-LA 	TH	7/7-8/11	12:30PM-3:30PM	\$49/\$59	MEETING ROOM	S. HALLORAN

EXERCISE CLASSES



CLASS NAME	SIGNUP	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
FELDENKRAIS AWARENESS THROUGH MOVEMENT - Improve coordination and quality of movement, leaving excess muscle tension behind. Create relief for your back, neck and shoulders, expand ease of movement, and improve physical habits to achieve better balance, less pain, and more enjoyment. Movements are usually done lying on mats, sometimes sitting or standing. Mats provided.	MV-LA 	F	7/8-8/12	10:00AM-11:15AM	\$49/\$59	MULTI A	J. ELVIN

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EXERCISE CLASSES



CLASS NAME	SIGNUP	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
THE JOY OF MOVEMENT - The class sessions include gentle warm-ups, movement, and meditations from yoga; fun activities inspired by dance, theater, music, and art that encourage spontaneity, awaken the senses, and stir the creative imagination; and guided movement improvisations accompanied by energizing, inspiring music. Students are encouraged to move at their own pace; no previous experience is necessary.	VOLUNTEER	First W each month	ONGOING	7:00PM-9:00PM	FREE	SOCIAL HALL	R. CANTONI
A LIFETIME OF STRENGTH, ENDURANCE AND FLEXIBILITY - Warm-up, walking aerobics, toning, and stretching. Learn to strengthen your body. No class 9/5.	FOOTHILL	M/TH	8/1-9/12	M 1:00PM-2:30PM TH 10:00AM-11:30AM	\$60	MULTI A	S. LOHMANN
LOW IMPACT AEROBICS - This class will provide a full cardiovascular workout. Simple steps choreographed to favorite and familiar tunes followed by strength training with free weights. No class 8/9, 8/11.	FOOTHILL	T/TH	7/19-9/1	1:00PM-2:00PM	\$60	MULTI A	D. ARNOLD-AMMON
QIGONG: EVENING - Qigong combines slow graceful movement with mental concentration and breathing to increase strength, balance and coordination which enhances the immune system and reduces physical and mental stress. It is gentle and thus great for even those who are physically limited. This class is not suitable for those who are chronically ill. On 7/13 and 8/10, class will take place in Social Hall.	MV-LA	W	7/6-8/10	5:30PM-7:00PM	\$49/\$59	MULTI A	L. SIMS
QIGONG: MORNING - Qigong is a beautiful, flowing combination of movements and breathing techniques that stimulate energy flow. It promotes your natural resiliency to stress and illness. We start the class with energy tapping followed by 18 Qigong movements, meridian brush to direct meridian flow. At the end, we practice T'ai Chi.	IN CLASS	TH	ONGOING	10:00AM-11:30AM	\$10/month	COMMUNITY CENTER	O. WANG



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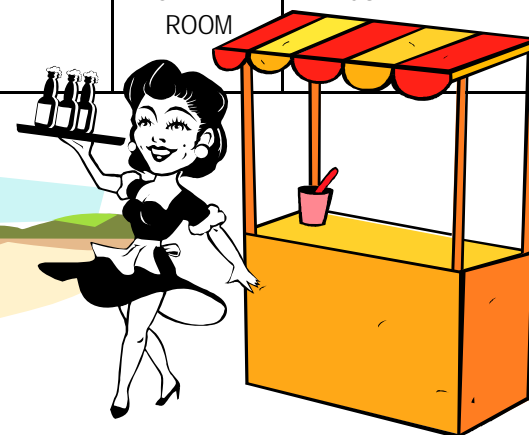
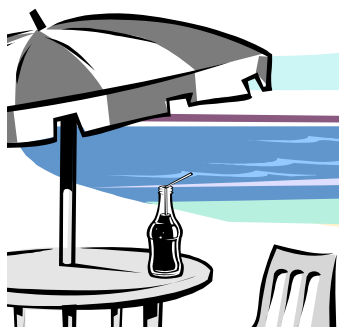
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EXERCISE CLASSES

CLASS NAME	SIGNUP	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
STRONG FOR LIFE - Now two sections to choose from! This is a muscle strengthening program designed for older adults. The program consists of a set of 10 core exercises involving the trunk and the upper/lower extremities. All exercises are done in either a sitting or standing position using Theraband elastic exercise bands. Pick up the enrollment and physician clearance forms from the instructor.	IN CLASS	T	ONGOING	Section 1: 9:30AM-10:15AM	FREE	DANCE AND MOVEMENT ROOM	M. AHUJA
	IN CLASS	T	ONGOING	Section 2: 10:30AM-11:15AM	FREE	DANCE AND MOVEMENT ROOM	M. AHUJA
T'AI CHI - This class fosters positive mind-body skills, processes, and events. T'ai Chi is an ancient Chinese martial art form that was developed to enhance both physical and emotional wellbeing. Many people who practice T'ai Chi indicate that they feel more peaceful and relaxed after the workout. No class 7/4, 9/5.	IN CLASS	M	ONGOING	10:15AM-12:00PM	\$12/month	MULTI A	O. WANG
New! Wii BOWLING - Learn the basics of the Wii video game system while bowling with fellow seniors in this drop-in class! Haven't bowled in awhile? No worries! No shoe rental, no heavy ball, just fun and wireless remote controls.	VOLUNTEER	T	7/5-8/30	2:30PM-3:30PM	FREE	SOCIAL HALL	STUDENT VOLUNTEERS
YOGA, THERAPEUTIC YOGA FOR SENIORS - This class will focus on gentle therapeutic exercises for the whole body. Breathing, relaxation techniques, concentration improvement, stress and anxiety management will be taught based on classical Rajyoga philosophy. Benefits of this class are joint flexibility, strength, endurance, higher energy level and breathing improvement.	VOLUNTEER	W	ONGOING	10:00AM-11:15AM	FREE	DANCE AND MOVEMENT ROOM	N. SUBRAMANIAN



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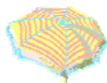
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EXERCISE CLASSES



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ZUMBA GOLD - If you love the rhythms of Latin music and you'd like to dance away your exercise hour - even if you've never danced before - come join the Zumba party. We'll merengue, mambo, samba, tango, salsa and more - all for fun. You won't believe you're exercising, improving your balance, strength, flexibility, and cardiovascular fitness! Wear comfortable, layered clothing and shoes - please, no sandals.	IN CLASS 	TH	7/21-10/6	10:30AM-11:30AM	\$60/\$72.50	DANCE AND MOVEMENT ROOM	C. KENWORTHY

MUSIC CLASSES



CLASS NAME	SIGNUP	DAY	DATES	TIME	FEE	ROOM	INSTRUCTOR
CHINESE CHORUS - The Evergreen Chorus of Northern California consists of 30-40 Chinese American seniors who love to sing. Chinese classical, popular, and folk songs are practiced once a week and performed at local communities and special events. Come join our group!	VOLUNTEER 	T	ONGOING	2:30PM-4:30PM	FREE	MULTI A	D. ZHOU
KARAOKE: DROP-IN - Come to entertain or be entertained! Karaoke equipment will be provided, bring your own disc if you have one. The majority of discs are multi-lingual and provided by instructors.	VOLUNTEER 	T	ONGOING	1:00PM-4:00PM	FREE	ARTS + CRAFTS ROOM	J. LIANG C. CHOW
New! THE MUSICALLY EDUCATED AUDIENCE - From Giselle to Godot, join us for a survey of 19th and 20th century musical theater that includes a field trip to a live performance. Field trips will take place outside regular class hours. \$20 materials fee - covers all materials except field trip tickets.	MV-LA 	W	7/6-8/10	9:30AM-11:30AM	\$49/\$59 + \$20 Materials Fee	MULTI A	M. RIDGWAY
ORCHESTRA, SOUTH BAY COMMUNITY ORCHESTRA - This full senior orchestra is devoted to serving the community by performing at senior centers, retirement homes and rehabilitation centers. Music includes classical and pop styles. If you play an orchestra instrument, join us. For more information, write to sbc-orchestra@earthlink.net .	MV-LA 	W	7/6-8/10	1:00PM-4:00PM	\$49/\$59	MULTI A	C. LUCE